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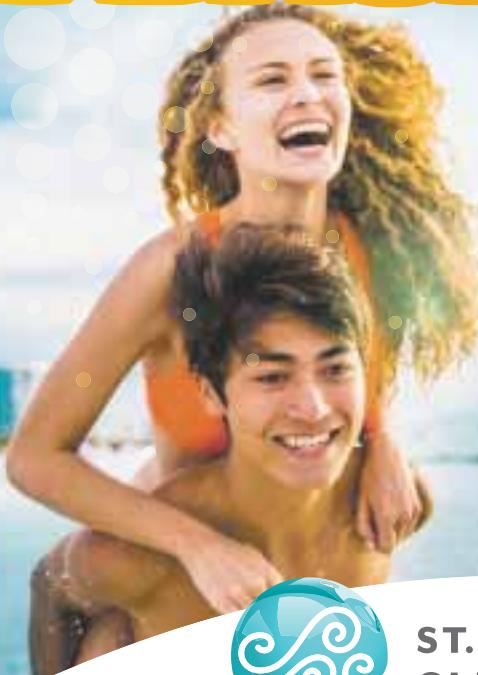
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ANGELS WATCH OVER SUBWAY HELL

The Guardian Angels are returning after MTA slashings. 4-5



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CHIPOTLE SAFETY

1 Two E. coli outbreaks linked to Chipotle that affected more than 50 people across 14 states appear to be over, the Centers for Disease Control and Prevention said. The regulator said investigators were not able to identify the ingredient that was responsible for the contamination. Chipotle has been grappling to overcome a series of food-borne illnesses linked to its chain since October that have driven away diners. REUTERS



3,600 SYRIANS FLEE

2 More than 3,600 Turkmen and Arabs fleeing advancing pro-government Syrian forces in the north of Latakia province have crossed into Turkey during the past four days, Turkish disaster agency AFAD said Monday. A Turkmen official said several thousand more migrants were expected as a camp mostly sheltering Turkmen in the Syrian village of Yamadi was being evacuated after the pro-government forces backed by Russian airstrikes advanced. REUTERS

YAHOO TO CUT 15% OF JOBS

3 Yahoo Chief Executive Marissa Mayer is set to reveal cost-cutting plans that include a 15 percent reduction of the Internet company's workforce and the closure of several business units, The Wall Street Journal reported. The plans are expected to be announced after Yahoo reports its fourth-quarter results, the Journal reported, citing people familiar with the matter. REUTERS



UBER DRIVERS PROTEST

7 Uber drivers protest the company's recent fare cuts and go on strike in front of the car service's New York offices on Monday in New York City. The drivers said Uber continues to cut into their earnings without cutting into its own take from each ride. In claiming fare reduction would mean more work for drivers, the company cut its prices by 15 percent last week.

ALL PHOTOS BY GETTY IMAGES

PERSON HIT BY TRAIN

4 A person was struck and killed by a Metro-North train in the Bronx on Monday afternoon, causing delays for the evening rush. The individual, who was not immediately identified, was hit "about 3:30 p.m. by a northbound train passing through the Botanical Garden station at Bedford Park and Kazimiroff boulevards," the New York Daily News reported. CRISTABELLE TUMOLA



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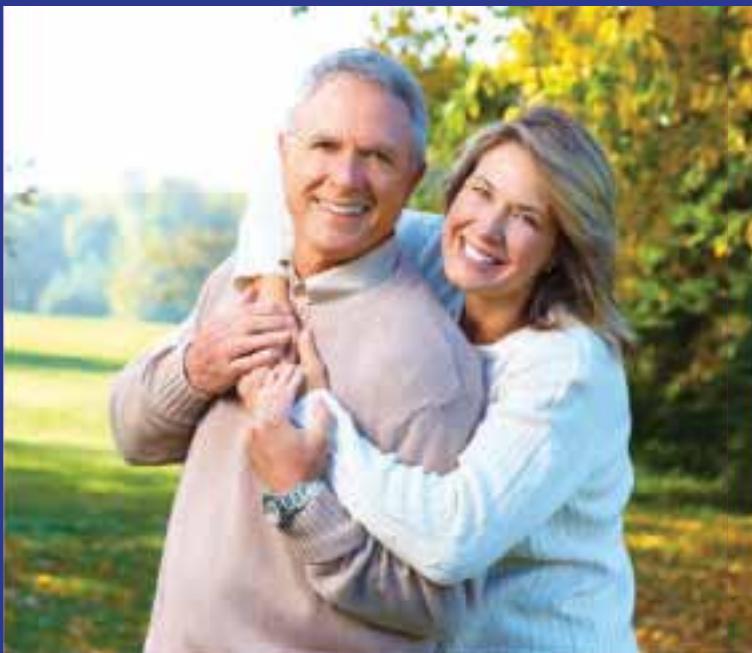
5 The Michigan Department of Environmental Quality was set to present a comprehensive plan to federal officials Monday to test lead-contaminated drinking water in Flint, the Detroit Free Press reported. The goal is to come up with a reliable assessment for the water system by April 14, when Michigan's state of emergency is set to expire, the paper said. Officials at the Michigan Department of Environmental Quality could not be immediately reached for comment. REUTERS

SCHOOL BREATHALYZER

6 Nyack High School, approximately 19 miles north of New York City, is considering a policy that would require students to submit to an alcohol breath test if administrators suspect they have come to school drunk. It's on the agenda for the Tuesday night's Nyack Board of Education meeting in Rockland County. METRO



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BRIEF

DUI suspect found dead, hanging from his T-shirt while in NYPD custody
A DUI suspect has died in police custody after apparently hanging himself in a Brooklyn holding cell.

The 28-year-old man was arrested on charges of drunk driving on Sunday afternoon, NBC reported, adding that police transported him to the 69th Precinct in Canarsie to be



processed.

Around 5:30 p.m. on Sunday, officers at the 69th Precinct stationhouse found him hanging by his own T-shirt in his cell, the New York Daily News stated

in a related article. The suspect was taken to Brookdale Hospital, but he could not be saved.

In custody because of his role in a car wreck on Avenue J near Remsen Avenue in Canarsie, the suspect had originally been taken to an Intoxicated Driver Testing Unit in the 78th Precinct for blood alcohol testing before being moved to the 69th Precinct, the Daily News added.

No injuries were reported in the initial car wreck, according to NBC, which added that the medical examiner will determine the suspect's exact cause of death. METRO

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Guardian Angels to watch over our subways



A member of New York City's Guardian Angels. GETTY IMAGES

Six subway slashings in less than a month have passengers concerned.

ANGY ALTAMIRANO and JASON NUCKOLS @MetroNewYork letters@metro.us

For the first time in more than 20 years, the subway-patrolling Guardian Angels will have a regular presence on the city's mass transit system — and commuters said the more eyes the better.

Due to the recent trend of subway slashings on New York's subway, Guardian Angel founder Curtis Sliwa said his group will once again have a 24-hour presence to help reassure passengers, the New York Post reported.

The group, which was founded back in 1979, is a volunteer-based organization with chapters throughout the country and world. Along with the subway presence, the Guardian Angels also conduct neighborhood

watches, cleanups and offer safety education programs at schools.

"Riders are coming up and asking us: 'Please, you've got to come back in force,'" Sliwa told the Post. "I think it's become obvious that the police need help, the MTA needs help. They can't handle it."

This will be the first time since 1994 that the Guardian Angels have had regular round-the-clock patrols on the subway, CBS reported in a related article. They also stated that six subway slashings in less than a month have passengers concerned.

"New Yorkers have a right to be alarmed or concerned, particularly those riding the subways," the Post quoted Police Commissioner Bill Bratton, who also pointed to crowded trains and mental illness as possible causes for the recent rash of subway violence.

For commuters, the presence of the Guardian Angels is expected to help keep an eye out for any trouble that could be



People walk through a crowded subway station. GETTY IMAGES

"[The attacks] might be random but it's still scary. We need that help to feel safe."

Straphanger Kellie Delange

lurking on the subway cars or station platforms.

"Any extra help to stop those creeps is great," said 38-year-old Michael Desorio from Brooklyn. "More eyes means less chances to do something stupid."

Straphanger Kellie Delange, 19, had not

heard of the group before but believed their help will allow commuters to feel safe as they are traveling to and from home.

"[The attacks] might be random but it's still scary," she said. "We need that help to feel safe."

Other straphangers

said they thought the MTA and police have already been doing a good job in keeping everyone safe but agreed the extra help would only make things better.

"It just takes paying more attention and being careful," said 65-year-old Isabel Urena.

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BRIEF

Con man schemed his way into luxury life: DA

An alleged career con artist has been indicted in Manhattan district court for masterminding large-scale larceny and forgery schemes in New York and Boston.

Jeremy Wilson, 42, was indicted Monday for forgery and various counts of criminal possession of stolen property, Manhattan District Attorney Cyrus Vance said. Wilson is accused of fraudulently

acquiring a luxury apartment, car and other valuables by impersonating different people.

Posing as a British Airways executive in 2015, Wilson allegedly obtained corporate housing and was able to steal computers and a corporate credit card from MIT, the DA said. Wilson also used falsified identification to lease a 2016 BMW X3 in Boston before driving to New York and using fraudulent funds to secure

a Financial District apartment.

"The defendant's entire lifestyle has been defined by deception," DA Vance said. "As alleged in the indictment, the defendant went by a fake name, drove a stolen car, stayed in fraudulently acquired apartments, obtained money through a counterfeit check scheme and even collected military clothing and memorabilia in order to impersonate a U.S. military

veteran."

When he was caught in early January, Wilson was in possession of two forged passports, hundreds of counterfeit documents, seven computers—including those stolen from MIT—more than 200 forged checks, U.S. Army uniforms, a stolen MIT credit card, a forged California license and \$24,000 in cash.

JASON NUCKOLS



Some of the confiscated materials PROVIDED

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Naloxone NICOLAUS CZARNECKI

Pharmacies in NYC to offer drug to fight ODs

Naloxone will also be available for free at opioid overdose prevention programs.

JASON NUCKOLS
@MetroNewYork
letters@metro.us

Naloxone began being made available without a prescription Monday at 650 pharmacies in New York in an effort to curb opioid overdoses in the city.

Naloxone, a medication that can prevent death if administered during an opioid overdose, will now be available over-the-counter in Duane Reade and Walgreens, joining Rite Aid and CVS in making the drug more available to millions of New Yorkers, the mayor's office said in a statement.

"Opioid overdose is preventable—but it continues to claim hundreds of lives

in our city," said Mayor Bill de Blasio. "By making naloxone even more widely available we are literally saving lives and helping New Yorkers onto the path to recovery."

Naloxone will also be available free at community-based overdose prevention programs. Anyone who is at risk of an overdose or witnessing an overdose has been encouraged to obtain naloxone as a preventative measure.

"This commitment by CVS and Duane Reade will save lives in New York," the mayor's office quoted state Attorney General Eric Schneiderman as saying. "Heroin addiction is a scourge in our state that can only be tackled by using every tool at our disposal."

New Yorkers can visit nyc.gov/health and search for "prevent overdose" to learn more about where to find naloxone, or can call 311 to find a participating pharmacy.

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Jobs grow 6.4 percent in outer boroughs

Residents in the outer boroughs don't have to look far to access good jobs, as the job growth in those areas have more than doubled compared to Manhattan in the last two years, according to a recent report.

The New York City Economic Development Corp. announced Monday that since Mayor Bill de Blasio took office in 2013, the boroughs outside Manhattan

have seen a larger increase in job than in previous years. From December 2013 to June 2015, the number of private sector jobs has increased 6.4 percent in the outer boroughs

—more than double the 2.9 percent increase in Manhattan. The number is also higher than the 4.7 percent increase between 2011 and 2013.

"As we continue to invest in industries like technology and manufacturing, we expect to see

this trend continue," NYCEDC President Maria Torres-Springer said.

The borough that saw the largest growth in the 18-month

time frame was Brooklyn, with 7.7 percent, compared to a 4.3 percent increase between December 2011 and June 2013.

The growth in the outer boroughs are



A job flier GETTY IMAGES

credited to industries such as health care and social assistance; professional, scientific and technical services; and accommodation and food services. These sectors are reported to be the largest growing ones since December 2013.

In total, jobs within all five boroughs have increased 4.3 percent in the same time frame — reaching an all-time high of 4.24 million jobs by this winter. The city's unemployment rate has also dropped to 5 percent.

ANGY ALTAMIRANO

7.7 %

2.9 %

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The Amtrack train driver's own words

Metro interviewed the doomed Amtrak train's engineer, Brandon Bostian, about the fatal crash.



SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us



Investigators and first responders work near the wreckage of Amtrak Northeast Regional Train #188. GETTY IMAGES

on May 15 — three days after the crash, while Bostian in his own words still felt "groggy" from a concussion sustained during the crash.

"I don't remember anything particularly out of the ordinary," Bostian told investigators.

The National Transportation Safety Board (NTSB) posted the interviews online Monday as part of a docket that included factual materials that investigators and regulators found during their investigation of the crash that killed eight and injured more than 200.

The Amtrak train accelerated to 106 mph in a 50 mph speed-limit zone at the curve in the tracks between Port Richmond and Kensington. "Unfortunately, the last memory I have on the way back is approaching and passing the platforms in North Philadelphia," Bostian told investigators. "I remember turning on the bell, and the next thing that I remember is when I came to my senses I was standing up in the locomotive cab after the accident. I got my cellphone out of my bag. I turned it on."

Philadelphia police took a blood sample from Bostian at the crash scene while he was being treated by first responders for a concussion, a cut to his left knee, a sprain to his right knee and cuts on both shins, he said in his interview.

But Bostian in his interview told investigators he was "pretty comfortable" with the Philadelphia area, and that he had worked on the route he was traveling that night five times a week for approximately three years.

The release of these files by the NTSB indicated the conclusion of the fact-finding phase of the NTSB investigation. This factual material will be evaluated by the NTSB board at a spring meeting.

106

MPH, THE TRAIN'S SPEED AT THE MOMENT OF THE ACCIDENT

charged from the hospital, police detained him at a station "for many hours" until he retained counsel, he said in the interview.

The NTSB board will meet in the spring to vote on determining the "probable cause" of the derailment. NTSB officials have already indicated that the train derailment was not caused by track, signal, or train car problems, and have said Bostian was not using his phone or intoxicated at the time of the crash.

One factor may have been "situational awareness" — meaning that Bostian simply forgot where he was and forgot to slow the train down.

After Bostian was dis-

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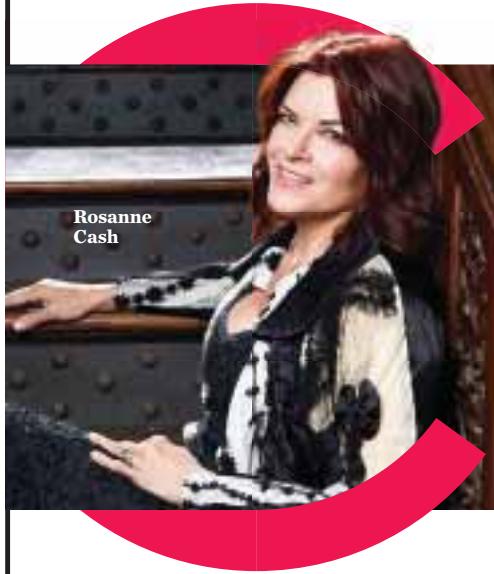
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Two Virginia Tech students appear in court over murder of 13-year-old girl

They have been charged with the abduction and murder of the girl.

Two Virginia Tech students charged in the abduction and murder of a 13-year-old girl and dumping her body in North Carolina did not enter a plea when they appeared in court on Monday.

Police have not said how Nicole Lovell, from the college town of Blacksburg, Virginia, died on or about Jan. 27. An arrest warrant said, however, that a gun was not used to kill her.

An autopsy was being performed Monday and the report was not expected until just before the next court hearing on March 28, the office of the

prosecutor said. David Eisenhauer, 18, a freshman engineering student and member of the cross country team at Virginia Tech, has been charged with abduction and murder. Lovell's body was found Saturday about 100 miles from her home.

Another engineering student, Natalie Keepers, 19, also was arrested over the weekend and is charged with improper disposal of a body and accessory after the fact in the commission of a felony.

Both students appeared before a judge on Monday in nearby Christiansburg, Virginia.

Eisenhauer was appointed a lawyer and would remain in jail without bond, a court clerk said. Keepers, dressed in



Natalie Keepers



David Eisenhauer HANDOUT

an orange jail jumpsuit, appeared to cry softly as a judge read her charges. She said she had retained a lawyer.

Blacksburg police have said Eisenhauer and Lovell became acquainted before her disappearance. A police spokesman declined comment about how they met, and phone calls to family and friends were not immediately returned.

But details about Keepers began to emerge on

social media.

A LinkedIn profile that appeared to match Keepers' background said she volunteered on and off at Our Savior Lutheran Church in Laurel, Maryland. The page said she helped oversee a retreat.

Eisenhauer attended Wilde Lake High School in Columbia, Maryland, according to a now-deleted page from the Virginia Tech cross country team's online roster. REUTERS

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Super Bowl security tight after Paris attacks, no specific threat

Super Bowl 50 will be one of the most highly guarded sporting events in U.S. history as security services pile resources into preventing any repeat of the deadly attacks in Paris and San Bernardino, although officials have said there is no specific or credible threat to Sunday's game in the San Francisco Bay Area.

November's attacks in the French capital by gunmen linked to the Islamic State militant group included suicide bombings near entrances to the national stadium as a soccer game was underway, provoking fears of attacks targeting crowds attending big sporting events elsewhere.

Federal U.S. security officials are tight-lipped as to how their plans differ for this year's National Football League championship game from previous Super Bowls, where security is always tight.

But hundreds of U.S.



A pilot wears a Denver Broncos hat with the team's logo on the plane window. GETTY IMAGES

law enforcement agents are moving into the Bay Area in the week leading up to the game, to be held at Levi's Stadium in Santa Clara, some 50 miles southeast of San Francisco.

The FBI will be deploying commando-style SWAT teams, officials said, as well as bomb experts and evidence-collection technicians so that specialists are in place should the worst happen.

"This is a high-profile target," said David Johnson, special agent in charge of the FBI's San Francisco field office.

The FBI will have helicopters and planes in

the air over the stadium, Johnson said, and security will be tight at game-related venues.

Officials with the Department of Homeland Security will set up a giant X-ray machine to screen all cargo going into the stadium, among other tasks, spokeswoman Marsha Catron said.

The Transportation Security Administration is sending "VIPR teams" (visible intermodal prevention and response) that include so-called "behavior detection officers" to watch over crowds, she added, especially at busy locations such as train stations.

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Rob Kardashian goes the distance for Blac Chyna

As usual, keeping up with the Kardashians is like its own varsity sport. The controversial rumored relationship between Rob Kardashian and Blac Chyna continues to seem more and more legit. According to TMZ, Rob drove more than 1,300 miles to Austin to pick up Chyna following her arrest in an airport for public intoxication. Now that's dedication, huh? Meanwhile, a source tells Us Weekly that Rob has been kicked out of sister Khloé's house because she feels betrayed. It's no surprise, considering the drama-filled his-

tory between Chyna and the Kardashian-Jenner fam. These two are like a modern Romeo and Juliet.

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mom just reminded me I used to pay 10 tickets at the school carnival to sit in a jail cell. I was an idiot

Cindy Crawford: no plans to retire

Cindy Crawford is denying those rumors that she planned to retire from modeling this month, saying she had made no final statements and that her "retirement" was a running joke in her family. The 49-year-old supermodel appeared to suggest her retirement in an interview with a magazine last week, but today wrote on her Instagram that "not all headlines tell the whole story." She continues: "Every year, I tell my kids I'm retiring. It's a running joke in our family. And yet every year, opportunities pop up that really excite me. While it's true that I'm



eager to shift my focus a bit to concentrate on my businesses, friends and family — I'm not making any final statements."

Even Obama gets a Drake shoutout

During a recent convo with YouTube star Adande Thorne (aka sWooZie), President Obama was asked a very important question: Kendrick Lamar or Drake? He chose Lamar, and suffice to say, the "DeGrassi" alum didn't take the loss lightly.

In Drizzy's latest track "Summer Sixteen," he gives the president a shoutout, saying, "Tell Obama that my verses are just like the whips that he is, they're bulletproof." Considering



Jennifer Lawrence and Kanye West have previously been referenced in Drake verses. Obama is in good company. Plus, it probably ups his cool cred with Sasha and Malia.



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Remembering when the Juice was loose

Malcolm-Jamal Warner says "The People v. O.J. Simpson" says as much about today as it does about then.

 MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Like all of us, Malcolm-Jamal Warner remembers where he was when O.J. Simpson took to the L.A. Freeway in a white Bronco, leading half of the city's police in a pursuit that dominated the TV airways. For the record, he was at home folding clothes. Now the former "Cosby Show" star is in the chase itself. In "The People v. O.J. Simpson," a 10-part FX miniseries from "American Horror Story" maven Ryan Murphy, he plays Al Cowlings, Simpson's best friend who did the driving during that wild ride.

Cowlings has stated



Cuba Gooding Jr., left, plays the Juice in the miniseries "The People v. O.J. Simpson," which begins its 10-episode run on FX at 10 p.m. FX

he'd sue the producers if he wound up being portrayed negatively. But he doesn't come across badly at all.

There's not enough about him to paint a bad picture. What you see is a guy who's really there for his best friend, not knowing if he's guilty or not.

He was a ride-or-die best friend. I really think if O.J. and A.C. had remained friends after the trial, O.J. would not be in jail now. He wouldn't have allowed him to do dumb s—.

The show clearly means to comment on the '90s but also the present.

This is a period piece about 20 years ago, but it still feels contemporary, because a lot of issues are still the same. It definitely reminds you that police brutality was just as prevalent back then as it is now. We think about the trial and we forget about the Mark Fuhrman

In addition to acting, you're also a musician who won a Grammy last year for the song "Jesus Children of America." You're even named after jazz pianist Ahmad Jamal, as well as Malcolm X.

My dad wanted me to be a jazz pianist. When I finally picked up the bass at 26 years old, he was elated. I've always been into music, been a part of the hip-hop community. I've always had drum machines and keyboards and four-tracks. I tried to rap like any teenager. What it's turned into in my adult life has been creatively fulfilling for me. When we got the nomination,

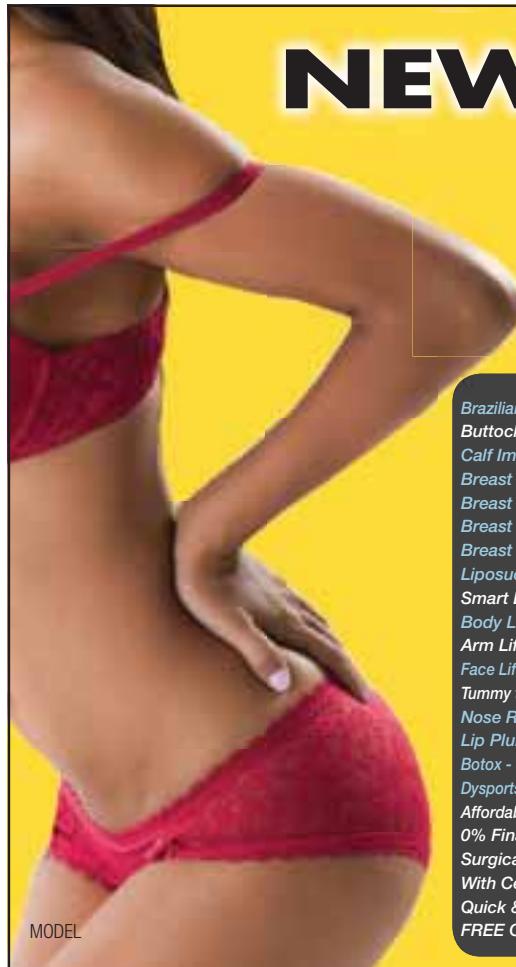
aspect of the case. [Ed. note: Fuhrman was the detective caught during the trial perjuring himself over use of racist language.] The trial is a confirmation of how a lot of people on the police force view the black community.

Warner, Grammy-winner

my mom said to me, "Well, look, baby, it only took you 20 years." Her point being there are musicians who've been in the business all their lives and never got a nomination, let alone an award.

She said, "You've been putting in your time."

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The actress says "Fifty Shades of Black" shows the dark side of a best seller.



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In "Fifty Shades of Black," a parody of you-know-what, Kali Hawk plays Hannah, the analog for the book and movie's Ana: a submissive lit student who finds herself involved in an S&M relationship with a creepy billionaire (Marlon Wayans, who also co-wrote). The version of the female protagonist played by Hawk, 29 — of "Black Jesus," "New Girl" and "Couples



"Retreat" — is even brainier and shows up the romance as powerfully creepy and disturbing.

In the book and movie, Ana's relationship with Christian Grey isn't healthy or romantic.

It's disturbing! It's a relationship that's based on abuse and very predatory manipulation. She says, "I don't want to see you," and he shows up at her house anyway. He uses sex as a weapon. I felt that as a woman this movie was great for me to do, because I wanted to present the humor in the idea of a person like Christian doing this crap and being seen as romantic. The idea of some f—ing a—hole coming along and forcing his way into your life and your pajamas being seen as some great romantic archetype — that was the stupidest thing I'd ever heard, and dangerous as well. We had the opportunity to show how ridiculous that is.

So you think the movie is a commentary on that?

It definitely is. This movie will speak to the people who found fault with many of the ideas being presented as romantic in the original book and

Pain is comedy

There's a gag where an elevator closes on your face. That's me! That's my face! There is no movie magic that is that good. That's why it's funny. They tried to be very gentle about it, and it wasn't funny until — I won't say it was an accident — somehow in the making of it, I got knocked around. I still have ringing in my ears. I'm definitely more of a Dennis Miller than a Chris Farley.

the movie. [Christian's] completely lacking in empathy. If you Google "ways to know you're dating a sociopath," at least six of them describe Christian Grey.

The "Fifty Shades of Grey" movie gets a lot of bad press, but some of it is good. Dakota Johnson is subtly funny in it.

I love Dakota Johnson in the movie. I wanted to make sure my portrayal of this character wasn't taking anything from her, but that I was doing a more extreme version. Marlon and I were improvising and I told him I was going to take him to the Stephen Hawking exhibit and f— him till there was a tear in the time-space continuum.

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On making 'Modern Love'

It's like casting a movie.

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rachel.raczka@metro.us

"Modern Love," the ever-popular New York Times feature, was a natural fit for a podcast in this podcast-obsessed world—but the minds behind the weekly storytelling column knew they had to do it justice.

The "Modern Love" podcast debuted in December, after two years of planning in the hands senior podcast producer Lisa Tobin ("Dear Sugar") and the team at Boston's NPR news station, WBUR. The result was a carefully paired celebrity-reading of an essay from the Times' archives, followed by a discussion with host Meghna Chakrabarti ("Here & Now"), "Modern Love" editor Daniel Jones and the essayist.

We chat with producer Jessica Alpert, who joined the podcast in September, about the first season.



Can you hear the love? iSTOCK

More than a decade of love

Jones says "Modern Love" gets about 7,000 submissions every year, and only 52 get printed. Over the course of the column's 11-year-lifespan, that's quite a few stories to pick from. The task of choosing which of those translate to spo-

ken word then lies with Alpert, who says both thematic and dialogue factors go into formatting for broadcast.

"When you produce something for radio, it has to be well-written and interesting and appealing, but it needs to have element that we can make come alive through sound,"

she says. "Some of the [columns] we've looked at but then put aside are beautifully written, but they don't have enough action."

If the voice fits

Alpert then scours her voice bank to find the perfect match—each column is read by a ce-

lebrity. So far, "Seinfeld" star Jason Alexander, Broadway actress Lauren Molina and "American Horror Story's" Sarah Paulson have read for the podcast—Judd Apatow, January Jones and Emmy Rossum are set to narrate later this season—but the celebs need more than just a pretty voice.

"When I'm thinking of someone who can read a column, not only am I thinking about their physical voice and what they've done professionally, but I want to know if they'll connect with the story on a deeper level," says Alpert.

Good example: "Nashville" star Connie Britton will read one of the column's most popular stories, "My First Lesson in Motherhood," a big ugly-cry-inducing story by a new mother who adopts a child from China who experiences unexpected health complications. Alpert suggested the pairing, knowing Britton adopted baby boy from Ethiopia years earlier. "It's going to be very powerful," she adds.

But what about my favorite column?

If you're a longtime "Modern Love" reader, it's likely you have a favorite essay. But even if you're not, at least one column has probably passed your way, like the mega-viral "To Fall in Love With Anyone, Do This," a January 2015 essay written by a woman that experiments with psychologist Arthur Aron's 36 question study.

Who will read that one? "We want to make sure it's the absolutely right person," says Alpert. "It's a huge task ... so many people love that essay."

The answer is up in the air, but what about in your wildest dreams? "I have a story that I would love Robert De Niro to read, it's made for him," Alpert muses. "And we'd love Meryl Streep. That would be unbelievable. But we're working on it."

Episodes of the "Modern Love" podcast are released every Thursday on iTunes.

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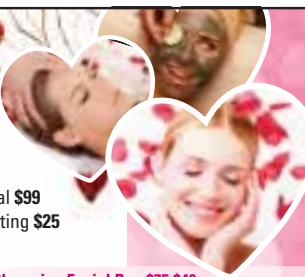
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18 BOOKS

The three best book events happening this week

February has barely started and Valentine's Day is already everywhere. But you don't have to devote your whole month to all things lovey-dovey. Just this week, the New York City literary community is providing places for the physiology-curious, lovers of fast food and the especially heartbroken to gather together. Get all the deets here.

Dr. James Doty
and Rabbi Irwin Kula for "Into the Magic Shop"

Feb. 2, 7 p.m.
Strand Books
828 Broadway, 212-473-1452
Strandbooks.com

Two highly respected experts (Dr. James Doty is the head of Stanford's Center for Compassion and Autism Research and Education, and Rabbi Irwin Kula is the president of the National Jewish Center for Learning and Leadership) will lead an intellectually charged discussion about how the head and the heart are interconnected. It's a subject Doty explores at length in his new book, "Into the Magic Shop" and the findings are so intriguing, you'll be prompted to divulge your new knowledge to your friends later. To attend the event, you must buy a



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copy of the book or a \$15 Strand Books gift card.

Jon Hein for "Fast Food Maniac"

Feb. 4, 7 p.m.
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Not to be confused with Eric Schlosser's book "Fast Food Nation," which highlights some really gross facts about the fast food industry, Jon Hein's book "Fast Food Maniac" celebrates the big chains that so many of us grew up on. Hein went behind-the-scenes of dozens of the fast food giants and his book exposes secret menus, how new menu items were tested and a nostalgic look back at the best

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Expert says Zika virus outbreak will get 'much worse'

Countries of the Americas prepare to fight coming epidemic.

DMITRY BELYAEV
Metro World News
letters@metro.us

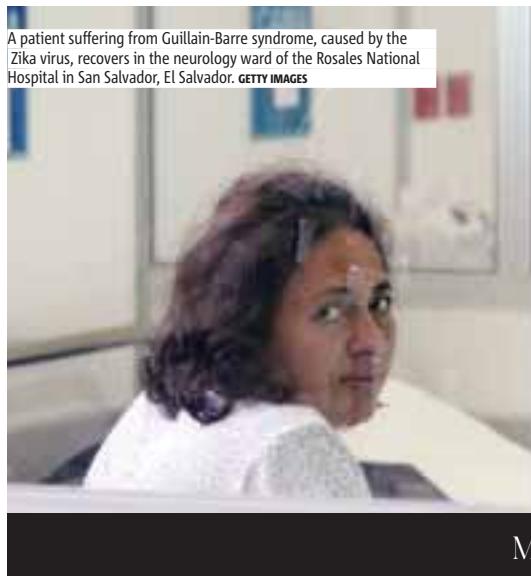
The World Health Organization has warned that the Zika virus is likely to spread across almost all of the Americas. The infection, which causes symptoms such as headaches, conjunctivitis and mild fever, has been found in 21 countries in the region.

Zika is transmitted by the bite of Aedes mosquitoes, which are found in

all of the Americas, apart from Chile and Canada. Australia has already warned pregnant women not to travel to affected areas, including Micronesia, French Polynesia and Latin America, as they could give birth to babies with defects that impact brain development.

Daniel Lucey, adjunct professor of microbiology and immunology at Georgetown University Medical Center, explains how the virus will impact the region.

The World Health Organization says Zika will hit most of the Americas. Are countries prepared?



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Each country has started to get ready and several, especially Brazil where the virus was first recognized in May 2015, are more prepared.

What kind of preparations should they be making?

The strategies and specific tactics in preparation for the Zika pandemic are specified in the Zika Web page of the Pan American Health Organization. Broadly speaking, these strategies include

eliminating places where the Aedes mosquitoes live and breed, increasing testing and surveillance for persons infected with Zika and advising women who are pregnant or planning to become pregnant about potential issues related to this viral infection.

What are the other major threats to human life?

Already several countries have advised that pregnant women should consider postponing travel

to nations with ongoing Zika infection.

How should the global society confront the virus?

The virus needs to be tackled through coordinated, effective, transparent international leadership, including by the World Health Organization headquarters in Geneva.

What can we expect in the coming months?
The situation will likely

become much worse in the coming weeks and months. Coordinated, effective, operational global health leadership must increase. Research translated quickly into ways to control the Aedes mosquitoes that spread the virus (as well as dengue virus, chikungunya virus and yellow fever virus) must take place. Urgent research to develop antiviral drugs and vaccines for Zika virus has started but must be rapidly accelerated.

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Know this: This is NOT a supplement you can buy over the counter or on the internet. This is a REAL medical treatment that must be given by a trained health care professional.

And the great news is: There is a free report and information kit available that tells you everything you need to know about this treatment. It also tells you all about cutting-edge medical clinics right here in New York City that are offering this cutting-edge treatment with tremendous success.

To get your information kit or to schedule a No-Obligation Risk Free Shoulder Screening simply call 800-627-PAIN (7246).

20 WELLBEING

3 Ways to avoid a workout slump

It's not easy to stay active when it's frigid out. It's dark and cold when you wake up, making leaving your warm, cozy bed to head to the gym seem downright torturous. We also tend to eat heartier, carb-heavy food in winter, so it's easier to pack on the calories. To combat the temptation to be a couch potato during the coldest, darkest months, here are three ways to beat the winter workout blues.

Use YouTube as your personal trainer

Good news — you don't have to leave your apartment on the days when it's freezing out just to get a workout in. Fitness gurus Jillian Michaels, Cassey Ho and Amanda Russell — and countless others — all upload routines on YouTube that anyone can watch for free. Whether you want to strengthen your



YouTube has a ton of free workouts anyone can do right at home. iStock

abs, get a bangin' booty or tone all-over, their workouts will get your heartbeat up.

Make your fav Saturday night out activity your cardio

Dancing with your friends totally counts as a workout; it burns roughly 400 calories an hour, according to Calorie Lab. Instead of saving your dance moves for weekend nights out, invite your

friends to hit up a workout dance class like Blood, Sweat and Tease's popular burlesque bootcamp or Vixen Workout's Beyoncé dance class, where you learn the same choreography Bey did. Trust us, you'll be sweating!

Reward yourself in advance

Sometimes, nothing can beat the high of finishing a good outdoor run or going hard at the

gym. It just takes a little extra motivation to get there. Reward yourself in advance with something you want that you will only be able to use while working out: flashy new kicks, those Beats earbuds you've been eyeing, a playlist of songs you love that you vow to only listen to while working out... If you're running outside, a good rule is to dress as if it's 20 degrees warmer, Runner's World's spot-on advice. EMILY LAURENCE

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METS COME OUT AS WINNERS THIS WINTER

So the Mets made it official last week with the signing of Yoenis Cespedes to a three-year, \$75 million contract. Cespedes has a full no-trade clause and can opt-out after one season and will be paid \$27.5 million.

I love the backstory of how this deal went down. GM Sandy Alderson asked Brodie Van Wagenen (Cespedes' agent), "Does Yoenis want to come back to New York?"

The answer was, "Yes."

I also like the fact that the Cespedes team asked Alderson, "Are you in it to win it?"

Alderson answered, "Yes" and both sides were able to reach an accord on a deal. It is a win-win for both sides as Cespedes gets paid for at least one year, and if everything works out for both sides, then the Mets win the World Series and the Cuban defector will get his long-term contract after this season, most likely not with the Mets. So it is, in essence, a one-year partnership as the Mets brought back an impact bat on their terms. In the aftermath, accolades

OPINION



MARC MALUSIS
@marcmalusis

will be thrown toward Alderson for waiting out the market and letting the player come back to him. Alderson was patient.

Roses will be thrown at the feet of Cespedes for willing to take less guaranteed money, which is also true. But let's not bury the lede. What worked in favor of the Mets ultimately was the terrible reputation that Cespedes has around Major League Baseball. Maybe "terrible" is a little strong, but there was a lack of trust in terms of him obtaining a long-term contract. That is the biggest reason why he did not get the contract he was looking for, even after five-year offers from both Baltimore and Washington. It was not the six-year, \$150 million contract offer that Cespedes and his representatives were looking for as they

entered the free-agency process.

What also helped was that Mets' ownership decided to up their payroll and spend more money this offseason. Whatever the reason for that decision, they deserve credit. The Wilpons are often roundly criticized for their spending, but now they deserve credit. What Mets fans need to do now is back off. Give ownership credit and worry about the Cespedes option clause another day.

The Mets built upon their postseason run by bringing back Cespedes, a man who captured the imagination of Mets fans and whose initial production was something that I have not seen in all my years of watching baseball. I did not think the Mets would ever bring Cespedes back, but that was because I assumed there would be another team out there that would give him exactly what he was looking for.

Nonetheless, winning days — many of them — are here. And spending is up. Enjoy it, Mets fans, because Yo is back!



Yoenis Cespedes will be back with the Mets in 2016. GETTY IMAGES

Knicks, Celtics tangle at MSG



New York rookie sensation Kristaps Porzingis put on a show the last time the Celtics and Knicks met back in January, scoring 26 points in 26 minutes. Boston will look to contain the big man Tuesday (7:30 p.m., MSG) and hand the Knicks their sixth loss in their last seven games. GETTY IMAGES

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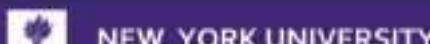
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- Complete interviews (monthly)

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LOCATION

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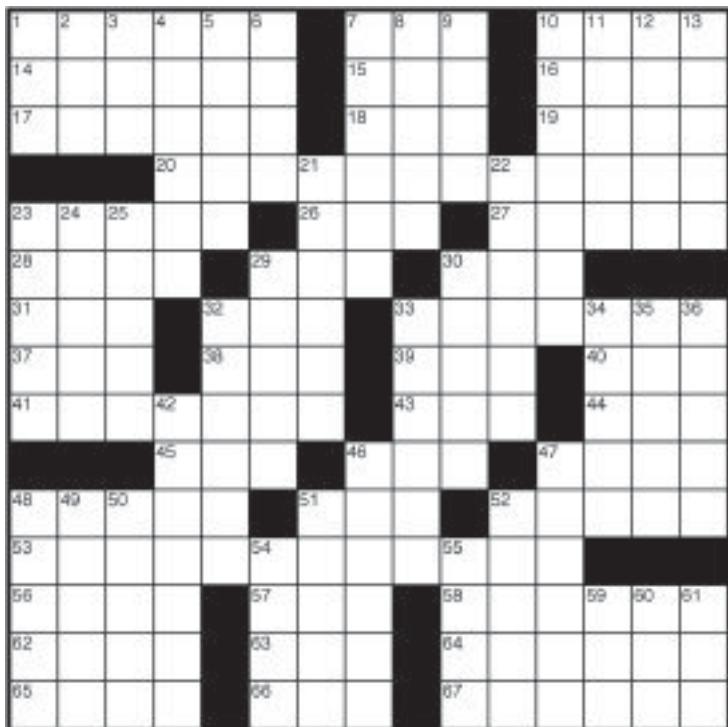

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metro.us/crossword



Across

- 1 Ice-skate blade
- 7 Funny-peculiar
- 10 Handfuls of cotton
- 14 Lift, so to speak
- 15 Yes, in Yokohama
- 16 No future — —
- 17 Caught sight of
- 18 Space widths
- 19 PBS series
- 20 End-of-winter fest (2 wds.)
- 23 The slow lane
- 26 Get a taste of
- 27 Demeanors
- 28 Andy's friend
- 29 Sauce in a wok
- 30 Cave, perhaps
- 31 Feb. predecessor
- 32 Janitor's tool
- 33 Toes, informally
- 37 Develop
- 38 Cotton gin name
- 39 Wanted-poster abbr.
- 40 So long!
- 41 Medicinal brew (2 wds.)
- 43 Matter, in law
- 44 Thus, in citations
- 45 Vegas lead-in
- 46 Loop trains
- 47 Polite chap
- 48 George of "Blume in Love"
- 51 "Alice" waitress
- 52 Twinges

- 53 First stirrings of spring (2 wds.)
- 56 Force to flee
- 57 Half of hex-
- 58 Tided over
- 62 Sidle past
- 63 Charged particle
- 64 Emulate Yeager
- 65 Dandelion
- 66 Opposite of post-
- 67 Hummer lure

Down

- 1 Rural addr.
- 2 Cousins of "um"
- 3 Just barely win
- 4 Whinnies
- 5 Goolagong rival
- 6 Overhaul
- 51 Uproar
- 52 Rub the wrong way
- 54 Swab (hyph.)
- 55 Easier said — done
- 59 Overly glib
- 60 LAX info
- 61 Van — Waals force

metro.us/sudoku

easy

				9	1		5
1	2		6	4			7
		8			3		
8	6			1		9	
			3	4			
7		2			6	3	
			1		5		
8			5	6		7	3
9		5	4				

hard

1	7		8			6	
3		6	9				
8			1				2
		2	3	9			1
1						4	
4	5		6		3		
2			4			9	
			8	4		7	
	7		1		8	3	

metro.us/horoscopes



Aries Keep a low profile and a close watch on what others are up to. Not revealing the way you feel will help you bypass discord. Work on personal progress, not trying to change others.



Taurus Concentrate on picking up information, new skills or more experience. Talk about your intentions and how others fit into your plans. A business trip will pay off.



Gemini Subtle changes and close attention to detail will benefit you the most. Don't let anyone limit what you can do, but at the same time avoid excessive behavior.



Cancer You'll gain experience you need to bring about positive changes if you hang out with someone quite different from you. Romance is encouraged and will improve your life.



Leo Stand up to anyone who tries to bully you. Be prepared to make changes that will help you temper any situation that develops due to a difference of opinion or jealousy.



Virgo Show everyone that you have a sense of humor. If you update your image or appearance, others will notice. Express your feelings in order to improve important relationships.



Libra Don't share too much information. Work behind the scenes until you are able to make your case with the facts and figures necessary to quash the opposition.



Scorpio One of your ideas will be well received. Get together with people who share your concerns in order to make a difference. Love is in the stars.



Sagittarius Assess your situation and make adjustments that better fit your lifestyle. You need the freedom to follow your heart and dreams. Initiate change and eliminate stress.



Capricorn Do something that brings you joy. Take charge and make a difference. Your dedication will gain recognition and impress someone you love. Suggest a romantic evening for two.



Aquarius Make changes that promote personal growth and can help you live up to your goals. Tame a bad habit and strive to give your reputation a boost.



Pisces A passionate approach to life will be appreciated by those you work alongside. Take on a challenge that will help you improve your life.

EUGENIA LAST

Yesterday's answers



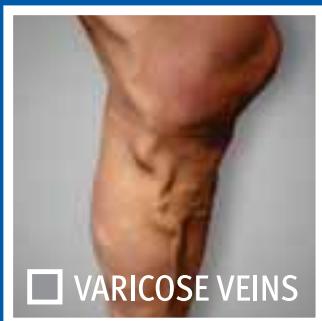
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